

Moving Forward With My Own Talents and Strengths

Transitioning to Brighter Futures:
Serving transition age foster youth
in the child welfare and probation
systems

February 6, 2018
at Holiday Inn Downtown
Sacramento

UC DAVIS
EXTENSION
CENTER FOR HUMAN SERVICES

RESOURCE CENTER FOR
FAMILY-FOCUSED PRACTICE





We are SO glad you decided to be here today!

Who is in this room and what brought you to this
particular workshop?

*We are Alyssa Aragon, Former Foster Youth and Youth Advocate
at Stanford Youth Solutions and
Christine Mattos, Leadership Coach,
Resource Center for Family-Focused Practice*

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Learning Objectives For Our Time Together Today...

Participants will be able to define talents, strengths, goals and objectives.

Participants will design one or two written goals and objectives.

Participants will think through and share perspectives about talents they possess.

Participants will understand how to apply naturally existing talents and strengths toward achieving goals and objectives.

Participants will design next steps toward accomplishing one or more relevant goals and objectives in their lives.



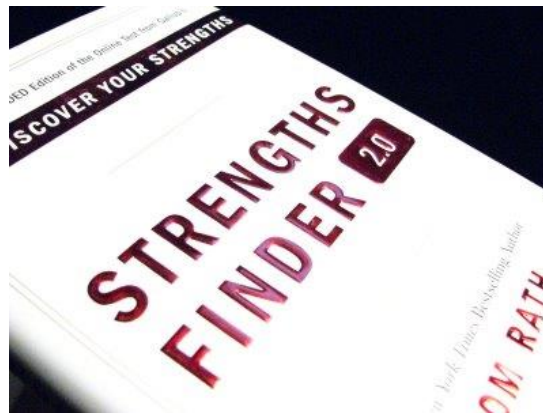
Defining Talent

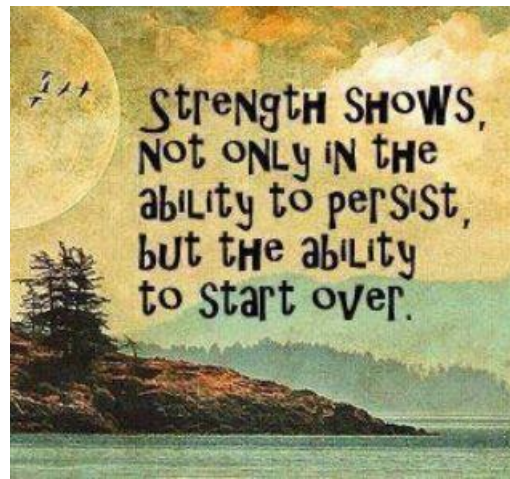
- What is talent?
- How do we know when we see/experience talent?
- When does talent appear?
- From where does talent come and where does it go?



Gallup, Inc. Strengths Coaching Training Defines Talent as...

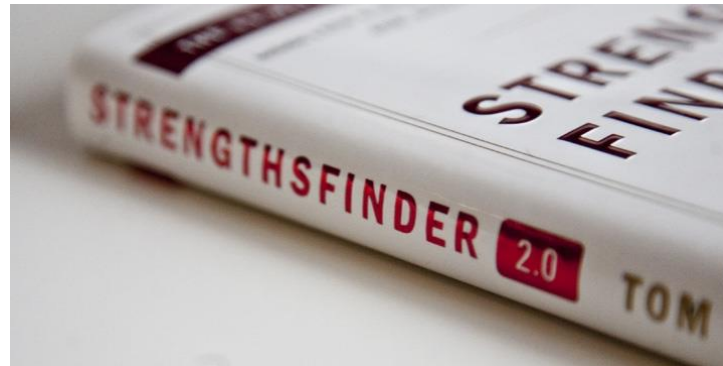
A naturally recurring pattern of thought, feeling or behavior that can be productively applied.





Defining Strength

The ability to consistently produce a positive outcome through near-perfect performance in a specific task. To finish with strength, start with talent!



Exploration of Gallup, Inc. CliftonStrengths® Themes

In your handout, review the 34
Signature Themes silently.

Prepare to note the top three
themes that resonate most with you.

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Testimonials

- Experience sharing (anyone who has completed the online assessment, as relevant)
- Sample of participants sharing their top three presumed themes and rationale...





On My Own With the Handout, Brainstorm...

What comes to mind today when I
think about making a list of my own
goals and objectives?

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How Do We Define a Goal/Objective

(intellectually, mentally, emotionally)?



Large Group Discussion



What If We Use These Good Old Webster's Definitions?

Goal: An object or aim toward which play is directed.

Objective: Efforts or actions that move us toward the goal.

PLAY
time

SMART Goals

- 1) In your handout, please write down no more than two SMART goals that inspire you.
- 2) Share this with your partner and invite feedback—add notes about relevant objectives to each goal.
- 3) Then, reciprocate!



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Partner Talk

- Ask your partner, what one or two goals, if achieved soon, would bring you the most joy?
- Support each other in noting which talent themes/strengths you can bring to life and pull strength from as you achieve each of these goals/objectives with ease and grace in the immediate future?
 - You might ask something like:
 - Which talent themes will best serve you as you move forward with this goal?
 - What talent theme might you watch out for as you continue to work toward accomplishment of this goal?



Debrief discoveries with the large group!

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To What Are You Willing to Commit and By When?

With Whom Will You Share Your Achievement?



Note your commitment on your
handout.

Next Steps

Share specific next steps you will achieve related to one or two of the goals you have identified here today.

Share your commitment and intended use of talent themes and strengths with a different partner!





Large Group Debrief:

Moving Forward With My Own Talents and Strengths

- Share a gem of insight you are taking away from today's experience together.
- Acknowledge your partner(s) specifically and genuinely for their support.
- Appreciate yourself for the critical thinking you have participated in today. Your achievement of these goals and objectives (by accessing your ever-present talents and strengths) is inspiring and so very important!

We thank you for being here today and for your contributions and active participation!